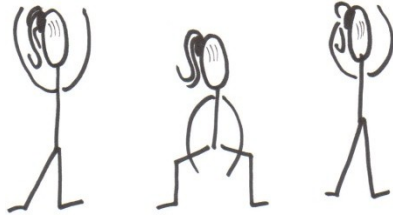


## PE Yoga Session 1



Sunflowers



Forward Fold



Forward Fold



Moonflowers



Reverse Swan Dive Up



Monkey



Lateral Flexion R/L



Chair



Forward Fold



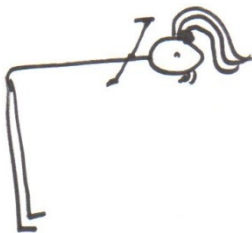
Inhale arms up



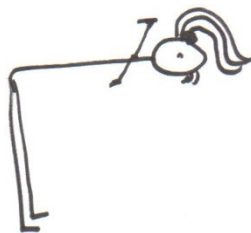
Inhale Arms Up



Reverse Swan Dive



Swan Dive Down



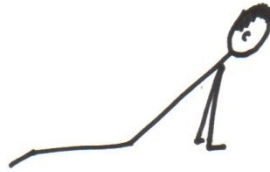
Swan Dive Down



Chair



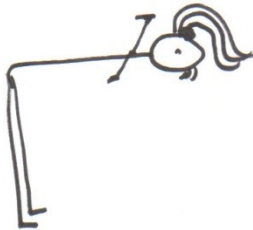
Inhale Arms Up



Rock Forward & Back



Down Dog



Swan Dive Down



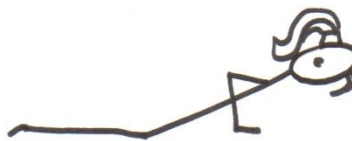
Extended Child's Pose



Plank



Forward Fold



Push-up & Back to Child's Pose  
Repeat several times



Crocodile



Lunge Back Right to Knee  
L leg back



Cobra & Back to Child's Pose  
Repeat several times



Up Dog

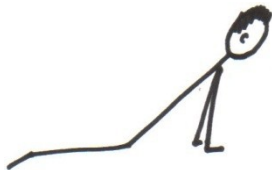


Extended Child's Pose

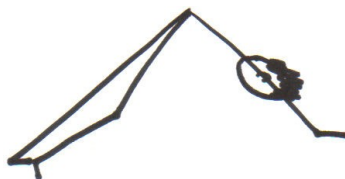


Spinal Balance  
R/L repeat several times

Repeat sequence several times!



Rock Forward/Back



Down dog Bicycle Heels  
Several times



Lunge Forward



Extended Child's Pose

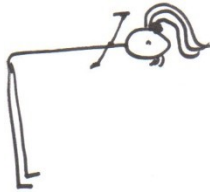
R  
e  
p  
e  
a  
t

## Sun Salutation

(2 to 3 times each side)



Inhale arms up



Swan Dive Down



Forward Fold



Lunge Back R



Down Dog



Plank



Crocodile



Up dog



Push-up  
Down Dog



Lunge Forward



Forward Fold



Reverse Swan Dive Up



Chair



Warrior I



Warrior II



Reverse Warrior



Warrior I



Warrior II



Reverse Warrior

R  
E  
P  
E  
A  
T  
  
2  
T  
I  
M  
E  
S

R  
E  
P  
E  
A  
T  
  
O  
T  
H  
E  
R  
  
S  
I  
D  
E



Triangle



Extended Angle



Side Straddle Splits



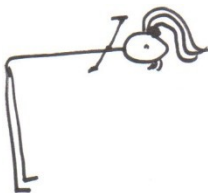
Side Straddle R/L



Mountain



Inhale Arms Up



Swan Dive Down

R  
E  
P  
E  
A  
T  
  
O  
T  
H  
E  
R  
  
S  
I  
D  
E



Forward Fold



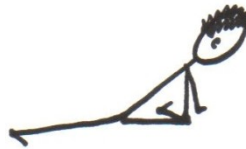
Lunge Back



Camel



Camel



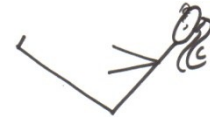
Pigeon R/L



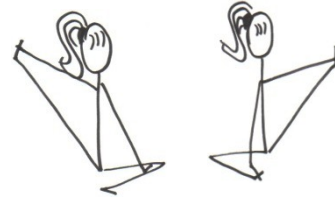
Butterfly



Modified Boat Pose



Boat Pose



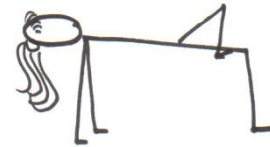
Leg Extension R/L



Both Legs



Cradle the Baby on Knee



3-leg Table Top



Seated Twist both ways

R  
E  
P  
E  
A  
T  
  
O  
T  
H  
E  
R  
  
S  
I  
D  
E



Double Pigeon R/L

Lay down on belly

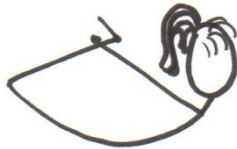


Locust

Lay back down on belly



Locust



Bow

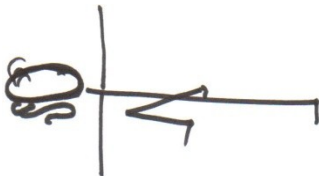
Lay back down on belly



Child's Pose



Knee to Chest R/L  
Repeat several times



Lying spinal twists R/L  
Hold for several breaths



Shoulder Stand

Keep eyes on legs...don't turn head  
to the side!

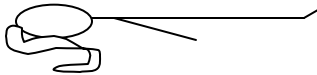


Plow

Keep eyes on legs...not right or left



Fish



Lay down on back in Corpse Pose  
And Relax

*SPEND A FEW MINUTES AT THE  
END IN QUIET RELAXATION...AS  
YOU EXHALE CHECK IN WITH YOUR  
BODY STARTING AT YOUR HEAD  
AND WORKING YOUR WAY  
DOWN...MAKING SURE YOUR  
MUSCLES ARE RELAXED AND NOT  
HOLDING TENSION. WHEN YOU  
ARE FINISHED WITH YOUR  
RELAXATION...ROLL ON TO YOUR  
SIDE FOR A FEW DEEP BREATHERS  
BEFORE SITTING UP.*

R  
E  
P  
E  
A  
T